

CANOE CLINIC DAILY SCHEDULE

SESSION I - JULY 13 - 17, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Welcome! Introductions, Attendance & Stretch	9:00 Attendance & Stretch - Review of paddling technique and water safety	9:00 Attendance & Stretch - Paddle talk questions and answers	9:00 Attendance & Stretch - Canoe History	9:00 Attendance & Stretch
9:15 ★ Beach Instructions ★ Introduction to Kayak and Outriggers. ★ Safety and life vests.	9:15 ★ Harbor Paddling Outrigger ★ Basic Kayak Paddling Technique ★ Kayak	9:15 ★ Harbor Paddling ★ Outrigger ★ Kayak ★ Explore for sea life	9:15 ★ Harbor Paddling ★ Outrigger ★ AMA Surfing ★ Kayak	9:15 ★ Paddling Warm-up ★ Harbor Cruise
10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break
10:30 ★ Basic Outrigger Paddling Technique ★ Harbor Paddling in shallow water only.	10:30 ★ Outrigger ★ Kayak ★ Swim	10:30 ★ Outrigger ★ AMA Surf ★ Kayak ★ Swim	10:30 ★ Outrigger ★ AMA Surf ★ Kayak ★ Swim	10:30 ★ Paddle ★ AMA Surf ★ Swim
11:30 Swim Test				11:45 Awards
Noon: Parent Pick-up ON BEACH	Noon: Parent Pick-up ON BEACH	Noon: Parent Pick-up ON BEACH	Noon: Parent Pick-up ON BEACH	Noon: Parent Pick-up ON BEACH